



## The Ottawa Chapter Says Goodbye to Evelyn Coughlan



**O**n September 8, 2006, the Ottawa Chapter lost our dear friend Ev Coughlan who passed away after a brave battle with cancer. Ev was a long-time volunteer and fundraiser with the Ottawa Chapter and recipient of numerous top fundraising awards. She was also a very committed caregiver and was a recipient of the Opal Award for Caregivers.

Ev's involvement with the Ottawa Chapter began 20 years ago when her daughter Mary was diagnosed with MS at the age of 20. Ev became involved right away with the MS Bingos, MS Carnation Campaign and soon after the MS Residential Campaign, which she participated in since its inception in 1990. Ev was one of the top fundraisers for this door-to-door campaign raising

Upcoming Events
Social Night for Persons with MS Friday, November 3
City of Ottawa Municipal Election Monday, November 13, 2006
Christmas Assistance Program November 20 - December 30
Ottawa Chapter Christmas Party Sunday, December 3 12 pm - 3 pm
MS Global Dinner Party Saturday, February 24, 2007 For more information visit <a href="http://www.mssociety.ca">www.mssociety.ca</a>
Super Cities WALK for MS April 29, 2007
RONA MS Bike Tour August 11 and 12, 2007

\$6800 in the last four years alone. Despite the fact she was undergoing cancer treatment, Ev still participated this year, raising \$1400. She was also an active participant in the Ottawa

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**The Multiple Sclerosis Society of Canada, Ottawa Chapter**  
**945 Wellington Street West, Suite 100**  
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Web site: [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa)

Hours: Weekdays 8:30 am to 4:30 pm  
Evenings by appointment

Buses: 2 on Somerset/Wellington Street  
16 and 18 on Scott Street

Parking is available on Wellington Street. The building is wheelchair accessible.

Newsletter Editors:  
Nicole Baker and Kevin Baker

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**We're on-line and interactive!!**

Bookmark [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa) featuring a current list of Chapter events, FAQs, literature, a new photo gallery and more!

**Help save a tree!!**

Let us know if you would prefer to receive your Capital Connection newsletter on-line. Email us at [info.ottawa@mssociety.ca](mailto:info.ottawa@mssociety.ca)

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## Are You Moving?

Please e-mail Gail Neil ([gail.neil@mssociety.ca](mailto:gail.neil@mssociety.ca)) or mail a change of address notice to the Chapter Office. Be sure to include both your new and old address, as well as the date that you will be moving!



**(Continued from page 1)**

Super Cities WALK for MS as part of TEAM Coughlan.

Ev's life was always full of activity. Whether it was raising funds for MS, organizing the CNIB's annual fundraising dinner, curling, golfing or involvement in church activities, you could always rely on Ev to help out. She always contributed when she could, putting a personal touch on everything she did. For the last five years, Ev assisted the Ottawa Chapter in keeping expenses down by providing all the sandwiches for the MS Christmas party, making hundreds of sandwiches and not charging for her time.

In 1997, the Coughlans suffered a tremendous loss. Ev and Don's only son Billy and his fiancé Andrea were tragically killed in a house fire that was purposely set by teenagers during a Christmas lighting ceremony in Almonte.

As a way of bringing some closure to their son's tragic death, the Coughlans, along with family and friends decided to honour the memory of Billy and Andrea by raising funds to build a house in Almonte through Habitat for Humanity. Through a bowl-a-thon organized by the Coughlans, \$18,000 was raised toward the building materials. The project took over eight months and upon completion, they were asked to sit on a committee to select a family to live in this house. They were able to turn their sorrow into something positive that benefited the community and inspired countless people.

In 2004, Ev and Don were awarded the Opal Award for Caregivers by the Ontario Division of the MS Society of Canada. This award recognizes the exceptional balance maintained by individuals who care for

someone living with MS. The same year, the Coughlans were also presented with the Caregiver Recognition Award from the Community Care Access Centre of Ottawa, which further recognized this couple's exceptional ability to take care of their daughter while also taking care of themselves.

Ev Coughlan was an extraordinary individual. She touched the lives of many people in her life, including those living with MS. The Ottawa Chapter is very fortunate to have known and worked with Ev and proud to celebrate the legacy she has left behind – that of courage, hope, determination and faith. She was the quintessential example of a giving person and an outstanding ambassador to the MS Society. She will be greatly missed by all who knew her.

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## In Memoriam

The Board, Staff, and members of the Ottawa Chapter extend our heartfelt condolences to the families and friends of these recently departed.

Frederick Albota  
 Evelyn Coughlan  
 G. E. Haggarty  
 Mary Kritsch  
 Charlotte Letourner  
 Ken McCabe  
 Olive Morris  
 Hillie Rubino  
 Cyrilo Sullivan  
 Margaret Evelyn Whitridge  
 Susan Edith Wright

Marion Armstrong  
 Jack Dempsey  
 Eunice Hawkins  
 Mildred Laughlin  
 Randy MacVicar  
 Annie Millar  
 Robert Nagyobb  
 Ralph Sholly  
 Mrs. J Vodden  
 Bonnie Winlow

Gille Chapot  
 Gabrielle Dodge  
 Frederick Johnston  
 Doris Lavergne  
 Olivia Marshall  
 Caia Miller  
 Manuela Petrillo  
 Carolyn Smyth  
 Edna Warren  
 Ida Wright

## 2006 Residential Campaign - They did it again!!

**O**ur door-to-door campaigners hit the streets again this past May, knocking on doors and ringing doorbells to raise funds and create awareness about living with MS.

More than 100 canvassers and area captains were motivated by a veteran committee, many of whom have been associated with the campaign for over 10 years. They included John Ferriss, Ev Coughlin, Nickie Cassidy, Audrey Hester and Huguette Tremblay. With their help and encouragement, more than \$42,000 was raised in support of improving the lives of people living

with MS in our community. Our thanks to our wonderful campaigners whose help over the years continues to make the Residential Campaign the Chapter's most cost-effective fundraiser.

We are always looking for new area captains and canvassers and for individuals who can help us deliver kits and recruit new volunteers for next year's campaign. If you or someone you know would be interested in becoming involved, please contact Barry Keegan, Manager of Chapter Resources, at 613-728-1583 ext. 110.

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## Chair's Corner

### News from the Board of Directors



**I**n this issue of Capital Connection, I wanted to talk about one of the most important fundraising efforts for this Chapter – third party fundraising. This topic is timely for me as my husband Gordon Keith recently put together an art show, the proceeds of which went to the Ottawa Chapter. Gordon has made me reflect on the importance

of others like him who dedicate countless hours organizing and hosting community partner fundraisers, and their deep connection and dedication to this organization.

It may be a friend or family member of someone affected by MS who feels this is one way they can help make a difference in the life of their loved one. They may organize a golf tournament or scrabble event – utilizing their many talents to raise funds for the cause. The contribution of our community partners has helped us fund research, provide education sessions, and support our members in a variety of ways.

This is what drove Gordon to plan and put so much work into his event. He feels such a connection to the cause that he wanted to go out of his way to help. Utilizing his talents, he put together a

wonderful art show, and went the extra mile by producing 2007 calendars. All proceeds go directly to the Chapter (calendars can be ordered from [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa)). This labour of love has been such a success, and I know we've all truly benefited from his generosity.

As Chapter members and readers of this newsletter, we are all connected in some way to this disease. From fundraising to volunteering, the donation of time and effort is so very important to the Society in helping us to achieve our mission. I felt that this month we should thank those who use their talents to do something above and beyond to support the Chapter. Thank you all for your support!

**Marie Vaillant**  
**Chair, MS Society of Canada,**  
**Ottawa Chapter**

## Rewarding Volunteers

**V**olunteers deserve our heartfelt thanks! Better still, they deserve movie passes to go and see the latest blockbuster. And now, thanks to Odeon Films, an Alliance Atlantis company, the Ottawa Chapter has been able to make it happen.

A few weeks ago the Chapter sent five lucky volunteers to see “Hollywoodland”, at the World Exchange Plaza. Leigh Jonah, Cynthia Mcdivitt, Eleanor Wildman and John and Mary Brett were chosen randomly after filling out the RONA MS Bike Tour volunteer survey. This is just one way the Ottawa Chapter can thank our volunteers for their commitment to our programs, services and fundraising events.



The Volunteer Resources Committee hopes to reward many more volunteers over the coming months. Keep volunteering – you might be our next winner!

Imagine a future without multiple sclerosis. Jan Petrar knows one day this will be a reality, and she's doing something about it today.

Jan made a commitment in her will to support the MS Society of Canada's internationally respected research program. "Research gave me my life back. It also gave my daughter and son their mother back."

You too can create a legacy of hope for future generations - contact us to find out how easy it can be.

*A future free from MS is yours to give.*

**MS** Bequest  
Help Desk

Bequest and legacy information from a trusted source.

Please call Toll-Free 1-866-MSWILLS (1-866-679-4557)  
or visit our website at [www.msbequesthelpdesk.ca](http://www.msbequesthelpdesk.ca)



*MS Supporter Jan Petrar and her children*

## Riders Go the Distance for Multiple Sclerosis



**M**other Nature could not have been kinder to the 545 cyclists that took part in the RONA MS Bike Tour on August 12 and 13. In its 17th year, the tour gave cyclists of all ages and abilities the opportunity to challenge themselves on routes ranging from 70 to 185 km.

This year the Ottawa Chapter contributed \$340,000 toward the national goal of \$6.5 million in support of research, programs and services. Ottawa Chapter Executive Director Laurel Mackenzie spoke about the success of the 2006 RONA MS Bike Tour. "It is an honour and a privilege to work along side such dedicated individuals. We would not be here today if it were not for our wonderful volunteers, sponsors and cyclists. This substantial contribution will make a difference to the thousands of individuals affected by MS in our community."

Special thanks go out to the volunteer organizing committee who worked tirelessly to ensure that everything was ready and safe for participants. These dedicated volunteers began organizing the event in January. We would like to recognize the committee for all of their hard work.

Mike Follis - Route Coordinator  
 Gerry St. Aubin - Tour Leaders  
 Mark Lloyd - Tour Leaders  
 Michelle Davis - Checkpoint Coordinator  
 Marc Forgette - Checkpoints  
 Ley-Ann Gibson - Registration Coordinator  
 Brenda Wiseman - Team MS Ambassador  
 Cheryl Elliott - Director of Development (Ottawa Chapter Board of Directors)

We would like to thank our sponsors for their continued support:

RONA, Yahoo! Canada, Carlson Wagonlit Travel, Atlas Van Lines, Pedal, Brinks, Sugoi, Ottawa Sun, Majic 100, A-Channel, Schneiders, Alberto Culver, Cycle Logik, Suite34, Hertz, The Perley and Rideau Veterans Centre, Hi-Rise Communications, Imperial Coffee, Budget, Metta Massage, Serene Moments Massage, Ottawa Sport & Social Club, Bell, Ottawa Outdoors Magazine, Parkway Van Lines, Hunt Club Honda, Full Cycle, Citizens for Safe Cycling, Perth Loeb, Barrhaven Loblaws, K-40, Canadian Ski Patrol Gatineau Zone, Carleton University and University of Guelph Kemptville Campus.



And thank you to our cyclists for their determination and dedication to the MS Society of Canada – you really went the distance. We hope to see you back in 2007!

# Final Fundraising Standings - RONA MS Bike Tour

## Top Five Teams (Total Funds/Average per cyclist)

- (1) Blood Sweat and Gears - \$31,508/\$2,101
- (2) Speed Skating Oval - \$11,572/\$1,929
- (3) Chain Gang - \$10,430/\$803
- (4) Wheelie Awesome Biker Chics + Hics - \$9,486/\$500
- (5) Old Farts - \$8,939/\$2,235

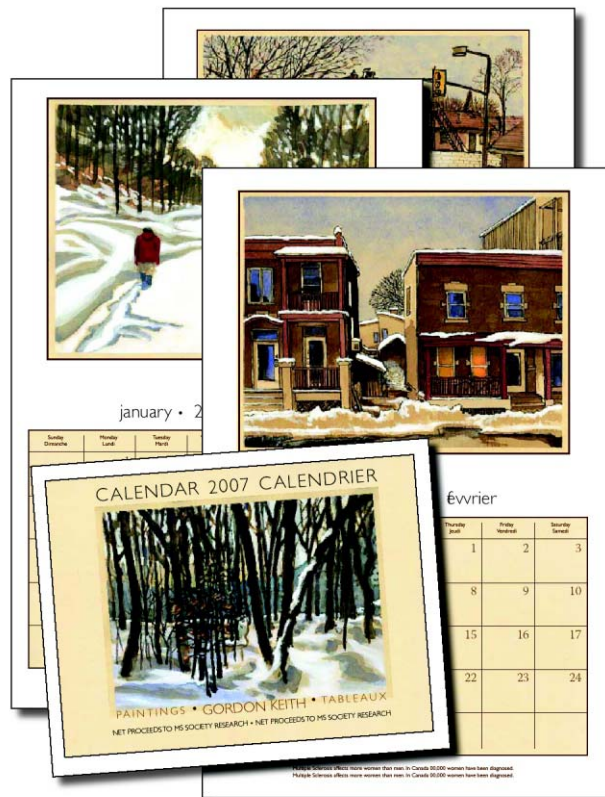
## Top Five Individual Fundraisers :

- (1) Blain Checkley \$13,224
- (2) Fern Landry \$8,821
- (3) Richard Jurewicz \$8,340
- (4) Melvin Porter \$6,422
- (5) Dick Louch \$6,227

## Calendars by Gordon Keith

Get a head start on your Christmas shopping by purchasing a beautiful calendar featuring art by Gordon Keith. These 2007 calendars showcase 30 years of work compiled by

this wonderful artist. The cost is \$25 and proceeds from the sale of the calendars will be donated to the MS Society. To order, please call 613-728-1583.



## Government of Canada Workplace Charitable Campaign

**O**n September 7, the Government of Canada Workplace Charitable

Campaign (GCWCC) kicked off its National Capital efforts. Volunteers, public servants and GCWCC staff donned their polyester suits and bell-bottoms and joined in the disco-themed festivities. Michel Dorais, GCWCC Chair, capped off the event with the announcement of this year's campaign goal.

The Campaign encourages the 200,000 federal employees, retirees and thousands of community and private sector employees to support their

community through a contribution to Healthpartners (there are 16 members of which



the MS Society of Canada is one), United Way and/or their charity of choice. Last year, the United Way/GCWCC campaign raised an incredible \$25.9 million! This year's goal is an amazing \$27.2 million.

Throughout October and November, the Ottawa Chapter will be participating in promotional events to help raise awareness about the campaign and about the MS Society so that employees might consider us as their charity of choice to donate to. Thanks to volunteers and staff members, we hope to do our part in making a difference during this campaign.

Please consider designating to the MS Society of Canada, Ottawa Chapter through the United Way/Centraide or GCWCC Campaign (charitable registration # 107746174-RR0004).

## Successful Wellness Pilot Program implemented for persons living with Multiple Sclerosis

**T**he Ottawa Chapter, in partnership with the Rehabilitation Centre and the MS Clinic, Ottawa Hospital campus, hosted a five week Wellness Program for Person's Living with Multiple Sclerosis. Seven clients participated in this pilot program and found the various sessions to be very enlightening. Topics ranged from leisure activities, discovering one's inner peace, exercise and nutrition. The overall goal of the program was to help participants live a healthy lifestyle and increase their well being while living with MS. It

also helped to strengthen self-confidence and self-esteem for participants within a group setting; not to mention providing them with an opportunity for peer support and interaction.

The Rehabilitation Centre, with support from the MS Society, hopes to be able to offer this program again in the future. If you are interested and would like to hear more, please contact Laurie Cucheran-Morris at 613-728-1583 ext. 106 for details.

## Team 1200-MS Golf Challenge

**O**n Monday, August 21, the 10th Annual Team 1200-MS Golf Challenge was held at Glen Mar Golf and Country Club. At the crack of dawn, 21 golfers began their quest to complete 100 holes of golf in one day. The golfers enjoyed perfect weather and great golf at this year's tournament.

We would like to thank our main sponsor and friends at the Team 1200 Sports Radio, particularly Ward Stewart and Dean Roberts who were the honorary chairs for this year's event. The Team 1200

lads also took part in and lost the coveted Challenge Cup for the fourth year in a row. The Team 1200 Challenge Cup was awarded to Jack Therrien and team 'Sandbaggers', once again this year. Take heart Team 1200 – there's always next year!

Thank you also to the Scott family for hosting the event, and special thanks to our other wonderful sponsors: Surgenor Pontiac Buick, George's Marine and Sport, Bob Taylor, Queensway Electric, Golfworks, Shimano, Familiar Faces, Serene Moments

Massage, Good Life Fitness, and Jask Salon & Day Spa.

An incredible \$30,000 was raised from the event. Congratulations to our top fundraisers: Dennis Young, who raised an amazing \$9855 and Chris Boylan who raised \$4165.

Don't miss the 11th annual Team 1200-MS Golf Challenge set for Monday, August 20, 2007. To get more information, or sign up, contact Andrea Bailey at 613-728-1583 ext 109.

## 311 - A Quick and Easy Way to Access the City of Ottawa

**L**ooking for a quicker way to access the City of Ottawa and its services? Just dial 311. This service, implemented in September 2005, is a quick and easy way to access City services.

Yassemin Cohanim, member of the Chapter's Social Action Committee, recently contacted

311 as she was having problems negotiating the curb at the end of her driveway with her wheelchair. Four days later, the City was in her driveway fixing the curb.

The 311 Contact Centre is open Monday through Friday from 7:00 am to 7:00 pm. Only urgent calls such as broken water

mains, non-functioning traffic lights, or bylaw services such as noise complaints, parking enforcement or animal control services will be accepted outside of business hours.

You can still reach the City by calling 613-580-2400, but 311 is much easier to remember!

## Community Partners Fundraising

**W**e would like to thank all the individuals, groups, and companies that have recently held third party fundraising events for the Ottawa Chapter. The support we receive from the community is vital. We simply could not provide the services we do, or invest as much into research, without members of the community coming forward with their support.

### Recent Fundraisers:

On August 11, **Gilmore Reproductions** held their annual golf tournament at Glen Mar Golf Club. The event raised an amazing \$5800.

The **MS Awareness Golf Tournament** was held in September and raised \$4562 for the Chapter.

The 6th annual **Bell Canada Golf Tournament**, held on Sept. 9 at the Metcalfe Golf Course, raised \$2250 for the Chapter.

The **Construction Association Golf Tournament** was held in June and helped raise \$2250.

Thanks to our friends at DND and the Vanier Slo-Pitch Club for all their fundraising efforts.

Thank you so much to everyone involved in organizing these wonderful events in support of the Chapter!



*Proud sponsor of the  
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\*ADP funded and sale items excluded

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TEL.: (613) 244-8620

## Farewell to the Summer Enrichment Team



**Kristy, Jamie, Jessica, Heather, Annie**

Once again we must bid a fond farewell to the Summer Enrichment Program (SEP) students: Kristy, Annie, Jessica, Jamie and Heather. Each year, the students bring such a sense of vitality to the office and to this ever-popular program.

This year, the students went above and beyond the call of duty when it came to enhancing the program. With the amalgamation of the City four years ago, and the elimination of the Nepean Handi bus, out-of-town trips were thought to be merely a dream. This did not deter the student's determination to ensure that this year's participants had the opportunity to participate in an out-of-town trip – a visit to Parc Omega. The students organized a Spin-A-Thon with the help of Sandy Bliss, a personal trainer with Alcatel who willingly gave of

her time and effort. She hosted a two-hour spinning class and participants collected pledges. In all, \$2000 was raised to help offset the cost of three chartered buses that took 16 clients to Parc Omega. A dream come true for many of the SEP participants as

they have no means of transportation outside of the city. On August 3, the SEP hosted an afternoon with Ray's Reptiles followed by a viewing of the movie "The Crocodile Hunter". This session gave participants an opportunity to view and interact with a number of animals including an iguana, boa constrictor, a tarantula, a snapping turtle, a really large bullfrog, and a few other interesting species. This presentation was a delightful change and feedback was very positive. Many clients communicated a desire to partake in another interactive presentation like this one in the future.

The SEP was another huge success again this year for both the students and the participants. We can't wait to see what next summer has in store!



**Members watching Ray's Reptiles presentation at the Ottawa Chapter**



# Christmas Assistance

## \*\*\*Time to Sign Up!\*\*\*

Once again, the Ottawa Chapter is sponsoring the "Christmas Assistance Program," a mini version of the Summer Enrichment Program that offers assistance with preparations for the Christmas Season. The Program will run from November 20, 2006 to December 30, 2006

If you would like some assistance with preparing for Christmas, please complete this form and return it to: **Laurie Cucheran-Morris, Director of Client Services**

**Multiple Sclerosis Society of Canada, Ottawa Chapter  
100-945 Wellington Street West  
OTTAWA, ON K1Y 2X5**



**PLEASE REPLY BY November 20th, 2006  
(Indicate items of interest with an X)**



I would like assistance with the following

- CHRISTMAS SHOPPING  HOLIDAY BAKING
- CHRISTMAS CARDS  GIFT WRAPPING
- OTHER: \_\_\_\_\_  DECORATING



PREFERRED TIME/DAY: \_\_\_\_\_ PARA TRANSPO #: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

